

Speed And Agility For Young Soccer Players

By Fitness4Football.com

Speed and agility is vital for young soccer players to stand up to the vigours of a match or training session. You can combine fitness drills with your coaching sessions to give your players an all-round soccer education.

You will be able to see when they are running back to get goalside of the attackers in the exercise above that a lot of pressure is put on their bodies. Regular fitness drills will help them through the whole of the season.

Here's a good exercise for speed and agility.

- Place 2 markers 10m apart to form a line, stand facing across the line
- Rotate lower body to put one foot over the line the other behind
- In a small jumping action, repeated switch stance by rotating lower body to place other foot over the line
- Jump & rotate as fast as possible
- Move slowly sideward toward the far marker

Repeat 5 times.

Rest 90 seconds between repetitions.